December (order 11/11-11/20)

ASPEN

Allergen Free Hot Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|
| 2nd | 3rd | 4th | 5th | 6th |
| Chicken Fried Rice Baby Carrots Fruit of the Day Corn Chips | Beef & Broccoli Brown Rice Steamed Corn Fruit of the Day | Chicken Fajita & Rice Seasoned Chicken & Peppers Brown Rice Black Beans Fruit of the Day | Beef Meatballs Brown Rice Steamed Green Beans Fruit of the Day | Chicken & Potatoes Steamed Rice Broccoli Fruit of the Day |
| 9th | 10th | 11th | 12th | 13th |
| Beef & Scallion Corn Chips Black Bean & Fresh Carrots Fruit of the Day | Chicken Sukkhar Steamed Rice Steamed Green Beans Fruit of the Day | Beef Fried Rice Steamed Peas Fruit of the Day | Spice Rubbed Chicken Fillet Steamed Rice Fresh Broccoli Fruit of the Day | Beef Taco Meat Over Rice Brown Rice Black Beans & Carrots Fruit of the Day |
| 16th | 17th | 18th | 19th | 20th |
| Chicken Supreme Steamed Rice Baby Carrots Fruit of the Day | Beef Nachos Taco Beef & Corn Chips Black Bean & Corn Fruit of the Day | Marinated Grilled Chicken Fillet Brown Rice Broccoli Fruit of the Day | Chicken Pilaf Sliced Cucumbers Fruit of the Day | Beef & Potatoes Steamed Rice Steamed Peas Fruit of the Day |
| 23rd | 24th | 25th | 26th | 27th |
| NO SCHOOL NO MEALS SERVED | NO SCHOOL NO MEALS SERVED | NO SCHOOL NO MEALS SERVED | NO SCHOOL NO MEALS SERVED | NO SCHOOL NO MEALS SERVED |
| 30th | 31st | | | 29th |
| NO SCHOOL NO MEALS SERVED | NO SCHOOL NO MEALS SERVED | | | Meals made without dairy, gluten, egg, soy, fish, shellfish, sesame, peanuts, treenuts, or sunflower Dietary Restriction Form Needed Before Ordering |

MILK VARIETY SERVED AT EVERY MEAL, 1% and Chocolate

CKC Good Foods does not use any products that contain pork, peanuts, or peanut oil. Products are baked or steamed, never fried.

Menu Subject To Change